

Black Bean Baked Potato

Inspired by MyRecipes.com

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 4 (6-ounce) baking potatoes
- 1 TB olive or vegetable oil
- 1/2 cup chopped onion
- 2 garlic cloves, minced
- *Optional:* 1 teaspoon ground cumin, 1/2 teaspoon chili powder
- 1 (15-ounce) can black beans, rinsed and drained
- 1 1/2 cups canned or thawed frozen corn
- 1 1/2 cups salsa or pico de gallo; or one large tomato, diced
- *Optional:* 1/4 cup shredded cheddar or other cheese
- *Optional:* 1/4 cup chopped fresh cilantro

Method:

1. Pierce potatoes with a fork and microwave on high for 10 minutes, turning after 5 minutes.
2. Heat large nonstick skillet over medium-high heat and add oil. Sauté onions until slightly brown then add garlic and optional spices and sauté for an additional two minutes. Reduce heat to low.
3. Add beans, corn, and salsa to skillet and cook until thoroughly heated.
4. Cut potatoes lengthwise, and push ends of potato together to split open (like a boat). Fluff inside the potato with a fork. Spoon 1 cup of bean mixture over opening of each potato. Top with optional cheese and cilantro, or other garnish.

www.hopelink.org/take-action/hopelink-harvest

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Growing Connections to Fresh Food

